

# State of New Hampshire Employee Wellness Webinar Series

*Improve your knowledge and wellness!*

Join our new monthly webinar series presented by Lori Hubbard, BSN, RN, Anthem Health Coach. She will assist in providing brief education on the monthly topic, recognizing signs and symptoms, and assist in goal setting to improve your overall wellness.

All webinars will be from 12pm- 12:30pm

## January 2022 Webinar

### Staying Active: Building a plan to support your activity goals



- What is physical activity.
- How activity supports your health.
- What activity is right for you.
- How to support your body through being active.
- What Health Plan Benefits for 2022 can help support your goals.

Dates:

Tuesday	January 4
Wednesday	January 5
Tuesday	January 11
Wednesday	January 12
Tuesday	January 18
Wednesday	January 19
Tuesday	January 25
Wednesday	January 26

How to join:

Microsoft Teams meeting

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**Or call in (audio only)**

[+1 567-249-1745,,344028488#](#)

United States, Toledo

Phone Conference ID: 344 028 488#

[Find a local number](#)